



Kankakee RIVER RUNNING CLUB

The Paper Race

SEPTEMBER 1995 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 91



AUGUST

<u>NAME</u>	<u>DAY</u>	<u>AGE</u>
Jessica Brinkman	30th	8
Marge Flynn	10th	49
Darcy Hanks	22nd	15
Leah Huizenga	27th	18
Dan Klipp	17th	15
Jenny Kohl	27th	21
Mike McGuckin	7th	43
Tyler Rahrig	6th	7
Sharon Reilly	17th	52
Amanda Uribe	19th	12

WELCOME NEW MEMBERS

Bill Lauer, 60, Joliet

Ray Seeley, 48, Joliet

ON DAN'S RUN by Dan Gould

Whew! Wipe the sweat off your brow and welcome September. The weathermen are still debating whether or not this was the hottest summer on record, but most of you don't remember 1955. This was a two-sweatband summer if there ever was one. Those of us in the over-the-hill division know better than to wish a day away let alone a whole

summer, but we might make an exception for this exceptionally brutal one. For those of you who continued to run throughout the summer, it is a testament to your courage, discipline and insanity.

Last month I asked the question: What is the origin of the expression "Dog Days of Summer?" Nobody responded. I have suspected that violence prone governmental agency that employs Phil Newberry simply trashes this missive each month. So, if you get this month's edition and know the answer, please acknowledge. I also listed a number of people who made contributions to this newsletter and, in so doing, omitted Mike Furl's name. Thanks, Mike!

The last of the Summer Series 5K was most successful as John Flynn made his debut as a race director. With the assistance of Dave Bohlke's clock, John directed a handicapped 5K as has been done only once or twice before. In addition to some creatively recycled trophies and refreshments at the park, John invited us to his home for a post race pizza and pool party. Many thanks to John and Marge for a great evening.

That concludes the events of which I have personal knowledge. My running shoes are back on the shelf until I think the back is 100% back. In the interest of keeping you somewhat informed, I will overrule my objection to hearsay and proceed with the caveat that the remainder of this column is unreliable. I know some of you have suspected that for many years.

John Shoup was seen in a jewelry store with the current love of

his life...

...*The Mike McGuckin Report:*

July 29th... Just wish to mention that I ran the El Paso Flatland 5-Miler this very hot and humid morning. I was able to drip my was to a mediocre time. I've never seen a small race (65 or so runners) with so much All Sport available for post-race - had to be 4 bottles available for each runner! They were the major sponsor, though, so it makes sense! Charlie Grotevant ran and, as usual, won his age group in 35:03. Well run, flat city and country course (those tunnels of corn!) with great PURPLE Ts (What? No green available?) I enjoyed seeing many of the KRRC folks at the YMCA 5K a few weeks ago.

August 20th... I ran two mid-August races. The Wenona days 5K was a flat out-and-back city/country course run in the evening with 90 degree temperature and 90% humidity. Needless to say, it was a struggle and the legs were dead the last mile. They offered fine orange T's and Archway Cookies (there is a plant in Wenona). I was 66th out of about 139 runners....Abe's Amble 10K in Springfield featured a 6:30 A.M. start which gave us a slight break in the heat and humidity - 75 & 75%! Around 900 runners were challenged by several long, gradual hills, one a brutal three blocks long. Salmon colored Ts, All Sport (they ran out), plenty of Bud Light and Subway Sandwiches. Nice trip to visit my mom and dad in Springfield and have a family get together to celebrate his 65th birthday.

Now that school is back in

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

Editors Dan Gould 937-5500
FAX 937-8509

Bill Linn 936-0816
FAX 937-5337

Staff Linda Linn

KRRC OFFICERS

Pres. Linda Krause 472-6677
V-P Shirley Malone 253-6258
Treas. Ron Piwowar 939-1749

Social Dir. - Dee OSENGLEWSKI - 937-6789

session and my golf coaching career is back in full swing (no pun intended), the fall running season for me will be rather limited, but I'm looking forward to the Mazon 5K and Paul Panno Memorial Run. If the Panno run is like last year, a super post-race cookout at my employer, Pontiac Township High School.

...Mike McGuckin...

Thanks, Mike! Could you help me with my golf swing?

Former KRRC member Dianne Smith has been appointed Executive Director of Northwestern University's Oral Health Center in downtown Chicago. She will be responsible for the development, marketing and management of the new dental practice. Dianne's work, studies, and parental responsibilities have taken her away from us in recent years. Perhaps she will now have time to rejoin us!

The Momence Glad Run on August 12th was another outstanding success despite a heat index prefaced by a skull and crossbones. I was happy, frankly, that my tee time for the club and class championship precluded me from participating in even the 5K. I usually run the 10K simply because 5K's are a dime a

dozen and 10K's are hard to find. I would have been out there walking with Bill Linn in that fourth mile! Cart golf or channel surfing was about all the exercise you wanted on August 12th.

I don't know what the Hickey secret is, but Mike and Georganne got 144 across the line in the 5K and 80 in the 10K. Add something over a 100 walkers to that and you have the biggest run/walk in the county.

Speaking of the Hickeys, I neglected to note in last month's issue that John Hickey has the misfortune to pull an Achilles tendon on July 2nd and the last I knew he was still not back to running. John, I sure hope you are back at it by the time you read this.

Kathy Steffen survived the incredible heat/humidity on August 27th and completed Mrs. T's Chicago Triathlon. One participant drowned.

Pat Koerner added to his overall victory column with wins at the PFC Possum Trot 5K in Morris on August 20th and the Diamond Centennial 4-Mile Run on August 19th. Tom Stluka added wins in the Dyer 5K on July 30th and the Kick Asphalt 5K in Chicago Heights on August 27th. Nice going, guys!

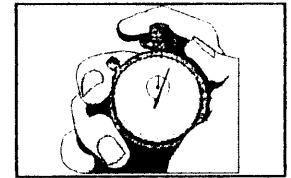
October 1st is our Governor's 10K. Please give it your support by working, running, or both. Call Phil Newberry (472-6243), Jeff Lonergan (933-1695), or just show up!

Although the Fall Classic was put on some calendars for September 24th, it isn't going to happen then or, apparently, in October. I also hear via Mark Beaupre that the St. Anne Pumpkinfest 5K is history.

Please support your club, your sport, and your newsletter by participating. Races need directors, volunteers, and sponsors. Your club had a long list of social events. They never happened. Since I am not racing, I'm not out there getting personal notes, race results, and apps for the coming races. Send them to me! Hope to back on the run

next month!

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.

Sep. 16, Dwight 5K....I think Jeff told me about this one, but I have no info on details.

Sep. 17th, 8:00 A.M. - National Heritage Corridor 25K, Channahon, \$15/20, long Ts, 5yr AG at least 3 deep, merchandise awards. Over 400 finished this great race on the towpath last year. Don't miss it. Volunteers are needed if you aren't running - 708-208-6677 or just show up.

Sep. 23rd, 9:00 A.M. - Hospital Hustle 5M, Merrville, IN., long Ts, raffle, refreshments. 219-738-3443

Sep. 23rd, 7:45 A.M. - Alden 5K Run for Research, Alden Nursing Center, Naperville, Ts, \$15/20, cash awards, breakfast buffet. 708-983-0300.

Sep. 24th, 8:00 A.M. - Shorewood Festival 5K, Festival Grounds behind Village Hall, Ts, \$12, 5yr AG from 30 - 49, otherwise 10yr AG, refreshments.

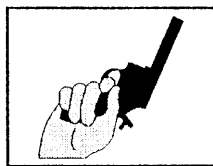
Sep. 24th, 1:00 P.M. - Grand Ridge Fire House Hustle 4M, \$12/15, sweatshirts, 941-3702.

Sep. 24th, Wild Wild Wilderness 7.6M, Kickapoo State Park, Danville, 217-733-2403.

Oct. 1st, 9:00 A.M. - **GOVERNOR'S 10K,
KANKAKEE RIVER STATE PARK!**

Jeff Lonergan	45:53	
Bob Pool	46:11	2AG
Bill Linn	48:57	
Ron Ruda	49:11	3AG
Dee Osenglewski	50:23	1AG
Nancy Ruda	53:53	2AG
Mike Belletete	1:00:04	
Krista Hickey	1:11:14	2AG
Georganne Hickey	1:11:15	TUF

**THE
FINISH
LINE**



Jul. 29, El Paso Flatland 5-Miler - Charlie Grotevant, 35:03, 1AG; Mike McGuckin, 40:31.

Jul. 30, Lickety Split 5K, Dyer, IN. - Tom Stluka, 16:24, 1OA; Joe Burgess, 17:19, 1AG; Phil Newberry, 21:01; Jeff Lonergan, 21:06.

Aug. 5, McClean County Fair 10K, Charlie Grotevant, 44:26, 2AG

Aug. 11, Wenona Days 5K, 139 runners - Mike McGuckin, 24:56

Aug. 8, Momence Glad Runs, 5K - 144 finishers

Jared Livesay	17:41	3OA
Rick Livesay	17:42	1MST
Doug Uribe	19:03	2AG
John Shoup	19:19	1AG
Rich Olmstead	19:30	3AG
Charles Kennedy	19:33	1AG
Graig Hickey	20:20	
Steve Speckman	20:33	3AG
Dale Huizenga	21:24	2AG
Leah Huizenga	21:31	1AG
Allison Williams	21:45	1AG
John Pool	22:42	3AG
Liz Huizenga	24:12	
Monica Uribe	26:26	6AG
Theresa Burgard	26:52	2AG
Kate Batkiewicz	27:58	
Randy Riegel	27:59	
Linda Linn	28:54	2AG
Henry Shelly	31:51	
Bill Lauer	33:29	
Peggy Baldwin	35:47	8AG
Shirley Malone	35:52	2AG

10K - 80 survivors

Tom Stluka	35:44	3OA
Pat Koerner	37:41	1AG
Ken Klipp	38:05	1AG
Keith Theisen	38:33	2AG
Tom Parlin	43:30	
Charlie Grotevant	45:17	2AG

Aug. 19, Gilman Reunion 5K - 42 runners

Tom Parlin	19:24	1AG
Charlie Grotevant	20:31	2AG
Bob Pool	21:19	3AG
Jeff Lonergan	21:24	1AG
John Pool	22:49	

Aug. 19, Diamond Centennial 4-Mile Run, Pat Koerner, 22:55, 1OA

Aug. 20, PFC Possum Trot 5K, Morris, Pat Koerner, 17:00, 1OA

Aug. 20, Abe's Amble 10K, Springfield - 900 runners - Mike McGuckin, 51:16

Aug. 20, Illinois Open 8K, Tom Stluka, 28:35, 2AG; Ken Klipp, 30:43, 3AG; Keith Thiesen, 32:02; Charlie Grotevant, 36:09

Aug. 26, Frankfort Kennedy Torch Run 12K, Tom Stluka, 42:14, 4OA

Aug. 26, Dawson Lake 5K, LeRoy - Charlie Grotevant, 20:30, 1AG

Aug. 27, Kick Asphalt 5K, Chicago Heights, Tom Stluka, 16:44, 1OA

Training table

Lifting weight to control weight

By Bob Condor

TRIBUNE STAFF WRITER

Let's consider some sensible approaches to losing weight. You can follow a high-carbohydrate, low-fat diet. You can consume fewer calories. Or you can do both.

You can burn more calories by increasing aerobic exercise, which is also good for the cardiovascular system.

You can build lean body mass.

Say again?

While many of us fret about body-fat percentage, nutritionist Amy Sexton prefers the positive side of the weight-control equation. She encourages patients at University of Chicago Hospitals to focus on building what she calls "active" muscle tissue. She urges them to lift weights (possibly starting with less intimidating forms of resistance work such as doing similar exercises with elastic bands).

"When you are building new muscles they stay active at a higher metabolic rate, even after exercise," said Sexton, a registered dietitian and certified strength trainer on staff at the University of Chicago's Nutrition and Weight Control Clinic. "This revs up the metabolism, which in turn burns more calories at rest."

Sexton employs a formula she calls the Revised Cunningham Equation. It factors age, sex,

height and body-fat percentage to determine a resting metabolic rate. The higher the rate, the more calories you burn.

"We make the assumption our metabolic rates slow down natu-

rally as we get older," she said. "But maybe it's because we're less physically active."



Tribune photo by Mario Pettiti

Research supports her theory. Studies at Tufts University's Human Nutrition Research Center on Aging showed significant improvement in resting metabolic rate in subjects aged 70 to 90 who regularly participated in resis-

similarity as we get older," she said. "But maybe it's because we're less physically active."

While no one discounts the effectiveness of aerobics for burning calories and enhancing the heart and lungs, doctors now recommend strength training, too.

"Aerobic exercise can be overemphasized at the expense of resistance work," said Dr. Peter Hanson, director of preventive cardiology at University of Wisconsin Hospital in Madison. "We recommend strength training be incorporated into a fitness program twice a week."

For optimal weight loss, Sexton suggested targeting larger muscle groups: chest, back, abdominals, quadriceps (front thighs), hamstrings (back thighs).

"Spend more time on these core muscles and you will see more changes in body composition," she said.

Many of us neglect strength training for legs because we figure walking, running, aerobics or similar activities are enough.

Also, women who do exercises for inner and outer thighs aren't helping themselves much unless they also tend to the larger thigh muscles, quads and hamstrings.

"If you want to tone, then tone the largest muscle first," she said. "Then if you have time, do the rest."

Wise weights

Weight training for weight control can deliver lasting results, provided you don't develop a chronic injury in the process. Before you start:

1. Find a personal trainer. Many trainers will agree to a single-session consultation to show you the proper form, critical for seeing

results and avoiding injury. It may cost \$50 to \$75, but consider it an investment. Many of those trainers won't mind the occasional phone call to clarify a point, and would likely schedule periodic follow-up visits at reduced cost.

2. Start with lighter weights that you can han-

dle. Many trainers recommend dumbbells to start, then introduce barbells or weight machines to clients. Figure to start with weights you can lift 10 to 15 repetitions during two to four sets.

3. Draw the line between fatigue and pain. You want to tax muscles to build

new muscle tissue and rev up metabolism, but don't accept pain as part of the program.

4. Always warm up. Five to 10 minutes of aerobic exercise will increase circulation and prepare the muscles for lifting.

Bob Condor

"SUCCESS RESTS IN HAVING THE COURAGE AND ENDURANCE AND, ABOVE ALL, THE WILL TO BECOME THE PERSON YOUR ARE, HOWEVER PECULIAR THAT MAY BE. THEN YOU WILL BE ABLE TO SAY, 'I HAVE FOUND MY HERO AND HE IS ME'."

- Dr. George Sheehan