

Kankakee RIVER RUNNING CLUB

The Paper Race

OCTOBER 1995 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 92



OCTOBER

<u>NAME</u>	<u>DAY</u>	<u>AGE</u>
Jason Batkiewicz	4th	7
Mark Beaupre	1st	49
Chris Beaupre	2nd	15
Elliot Brinkman	19th	12
Steve Hanks	22nd	48
Charlene Klipp	10th	46
Bill Lauer	18th	61
Bill Linn	16th	43
Nicole Livesay	6th	14
Jared Livesay	13th	17
Brian Noffke	10th	35
Rich Olmstead	12th	44
Jack Sarowatz	8th	35
Tom Stluka	7th	36
Mike Wolfe	27th	20

WELCOME NEW MEMBERS

Ray Feeley, 48, Joliet (We welcomed him last month under his alias, Ray Seeley, so thought we would try again!)

ON DAN'S RUN by Dan Gould

September 1st brought us the cool, dry weather that puts spring in your step (you remember Spring!) and PR's in your log. What an

incredible change!

The runners and walkers returned to Herscher for the Hare and Tortoise 5K on Sunday. Although the apps got out late, Scott Stephens got his usual 100 or so participants. I was not there because a) I was not running and b) I was involved in a golfing event. My presence, happily, was not necessary to the success of the event. Tom Stluka and Muriel Debold won!

Our resident female triathlete, Kathy Steffen, had a couple of very successful outings in August and September. Kathy conquered the Chicago Triathlon, a .62 mile swim, 40K bike, and 10K run, in 2:47:34 to finish 4th of 21 in her age division. She also successfully navigated the local YMCA Triathlon, a .5 mile swim, 20 mile bike, and 10K run, in 1:58:45 to finish first in the master's division and record a PR. Nice going, Kathy!

Kathy was not the only member to successfully negotiate the Tri-City Triathlon. Jim Grace finished third overall while Van Lewsader and Dee Sarowatz placed third in their respective age groups. Congratulations to all!

I got back on the road September 21st after a visit to the Olympia Fields Osteopathic Medical Center and a consultation with Dr. Mark McKeigue, a runner and the race director for the Heart and Sole 10K. It was good news, bad news. A set of x-rays confirmed that there is no bone problem. The bad news is he had no magic wand to wave and make the problem go away. The good news is he told me to resume running (I had been off for a month)

on an every other day basis, stretch, and ice. After nine months of lower back discomfort, I'm starting to wonder if it is going to be there forever.

An amusing sidelight to the exam was a comment by a fourth year medical student who interviewed me and did the preliminary examination. When she returned to the examination room with Dr. McKeigue, she was briefing him on her findings as they came through the door. I heard her say, "...and he has hamstrings you would kill for!" I had never thought so highly of my hams! McKeigue is planning to run next year's Boston Marathon.

Back on the road, I jogged through the Governor's 10K on October 1st. It was an absolutely beautiful day for a race. Unfortunately, a lot of people must have been racing in Bloomington, Morris, Schaumburg, and all the other places with races on the first Sunday in October. Only 112 registered which I think equals our low of a few years ago when it rained all day.

Phil and Jeff did their part in putting together the usual amenities - the volunteers, water, refreshments, shirts, and awards. Glen Grant was there with that super Chicago Dough pizza (thanks, Glen!). Mitch Hobbs came up from Off n' Running in Bloomington to set up his mini-store of running merchandise. The new owners of Donutland were not willing to continue the support we had gotten from Kevin and Linda Krauklis and many calories were lost.

Keith Theison called me after the Governor's to ask how we would

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feel about giving up the date. They would like to move the Illinois Open 8K Cross-Country held at the 4H Camp in late August. We might find a date later in the month with less competition, but the weather gets a bit fancier and we don't have an indoor facility. Something to talk about I suppose.

Well, we are short of material this month; no Mike McGuckin report and no other volunteers. Hope some of you folks are still running. We are supposed to have another social in November. They will probably schedule it while I'm in Florida. OK, be that way!

About this time Phil and Jeff think they've slid by on the 10M / 5K on the shirts. I'm not going to give you guys a bad time about a little thing like that. I mean, who proofreads any more. They were great looking shirts. 10K, 10M, 5K - what's the difference to a postal delivery person? Just think of it as another delivery to the wrong address. You'll get it right next year!

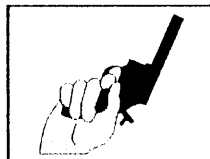
Yes, that was John Shoup leaning on his car and *watching* the race near the one mile mark.

It is certainly a different autumn without a marathon and the training that goes with it. As I sorted through the race apps to prepare *The*

Starting Line, I could only look wishfully and wistfully at the apps for the Columbus, Detroit, Fox Cities, and Toe-to-Tow marathons. Last year at this time I was reveling in the sense of accomplishment of having run my third fastest marathon. This year I am wondering if my back will permit me to ever become a competitive runner again, let alone run a marathon. In short, don't get dumb like Dan! You want to run for life!

Hope to see you on the run and hope I'm running when I do! Don't forget to write!

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 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.

Sun., Oct 7th - 9:00 A.M. - Cal City Park Dist 13.1M & 5K

Sat., Oct. 14th - 8:00 A.M. - Autumn Shoreline Classic 15K & 5K, 217-423-8042

Sun., Oct. 15th - 8:30 A.M. - LaSalle Banks Chicago Marathon & 5K. 312-527-2200

Sun., Oct. 15th - 9:00 A.M. - Wish Upon A Star Foundation 5K Run/Walk, Haunted Trails on Broadway, Joliet, \$15, Ts, 10 yr AG to age 50. 723-4567.

Sun., Oct. 15th - 9:00 A.M. - Howl at the Moon 8 Hour Run & Walk, Kennekuk Cove County Park (4M north of I74 on Henning Road). 217-431-4243.

Sun., Oct. 22nd - 9:00 A.M. - Monster Dash 5K, Suburban Hgts. Med. Cen., Chicago Heights, \$10/12. 708-756-0100.

Sat., Oct. 28th - 10:00 A.M. - Omni 41 Pumpkin Prance 5K, Scherverville, IN. 219-865-6969

Sat., Oct. 28th - 8:00 A.M. - Running Scared IV 5 Mile, Normal, \$12/15. 309-438-5972.

Sun., Nov. 5th - 11:00 A.M. - Canal Connection 10K, Utica, \$11/14, a class race with all the amenities. 223-8988.

THE
FINISH
LINE



Sep. 3rd, Herscher Hare & Tortoise 5K, 67 runners

Tom Stluka	16:38	1st OA
Rick Livesey	17:09	1AG
Pat Koerner	17:24	1AG
Ken Klipp	17:50	1AG
Rich Olmstead	19:00	2AG
Phil Newberry	19:12	2AG
John Shoup	19:18	2AG
John Brinkman	19:37	3AG
Steve Speckman	19:50	1AG
Bill Linn	20:03	3AG
Charlie Grotevant	20:06	2AG
Muriel Debold	20:12	1st OA
Larry Lane	21:01	3AG
Dale Huizenga	21:03	3AG
Robert Pool	21:12	4AG
Jeff Lonergan	21:44	4AG
Nancy Ruda	23:16	1AG
Jim Ruberg	24:27	
Randy Riegel	26:53	
Steve Zorns	26:23	4AG
Linda Linn	26:53	1AG
Kyle Goodberlet	32:15	

Sep. 4th, Park Forest Scenic 10 Mile,
Pat Koerner, 58:56. 1st OA in
Progressive Marathon, 2:30:32

Sep. 9th, Beecher Quasquicentennial 5K,
96 runners

Tom Stluka	16:43	1st OA
Rich Olmstead	18:35	2AG
Pat Koerner	18:44	3AG
Bob Pool	20:32	1AG
Jeff Lonergan	20:34	
Ray Feeley	23:15	
John Pool	23:22	3AG
Allison Williams	24:50	1AG
Annie Rahrig	28:43	1AG
Bill Lauer	32:21	

Sep. 10th, Stateville Challenge 5K,
Pat Koerner, 16:30, 1st OA

Sep., 16th, Dwight Harvest Days 5K,
Pat Koerner, 16:51, 3rd OA

Sep. 23rd, Hospital Hustle 5 Mile,
Tom Stluka, 26:45, 1st OA
Pat Koerner, 26:51, 2nd OA

Sep. 24th, JCHS Tec Prep 10K
Pat Koerner, 35:45, 1st OA

Sep. 30th, Hobart Deep River 5K - Pat
Koerner, 16:38, 2nd OA.

Oct. 1st, Governor's 10,000, 112
registered

Tom Stluka	34:56	1OA
Pat Koerner	34:59	2OA
Keith Theison	39:05	1AG
Rich Olmstead	39:34	1AG
Mike Wolfe	41:55	1AG
Dan Flynn	42:44	1AG
Bob Williams	43:14	
Charlie Kennedy	43:17	1AG
Steve Speckman	44:13	
Jeff Lonergan	44:19	4AG
Charlie Grotevant	44:37	
Kathy Steffen	48:05	1MST
Randy Devore	48:26	4AG
Dan Gould	50:59	
Ray Feeley	53:27	
Mike Belletete	54:18	
Peggy Baldwin	56:33	2AG
Georganne Hickey	62:59	
Linda Linn	63:00	

Comparing fast-food chicken sandwiches

Arby's Chicken Breast Fillet (7.2 ounces): 445 calories; 42 grams carbohydrate; 22 g protein; 23 g fat (3 g saturated); 45 milligrams cholesterol; 958 mg sodium.

Burger King Chicken Sandwich (8 ounces): 620 calories; 57 g carbohydrate; 26 g protein; 32 g fat (7 g saturated); 45 mg cholesterol; 1,430 mg sodium.

Jack in the Box Chicken Supreme (8.6 ounces): 641 calories; 47 g carbohydrate; 27 g protein; 39 g fat (10 g saturated); 85 mg cholesterol; 1,470 mg sodium.

KFC Colonel's Chicken Sandwich (5.9 ounces): 482 calories; 39 g carbohydrate; 21 g protein; 27 g fat (6 g saturated); 47 mg cholesterol; 1,060 mg sodium.

McDonald's McChicken Sandwich (6.7 ounces): 510 calories; 44 g carbohydrates; 17 g protein; 30 g fat (5 g saturated); 50 mg cholesterol; 820 mg sodium.

Wendy's Chicken Club Sandwich (7.75 ounces): 520 calories; 44 g carbohydrate; 30 g protein; 25 g fat (6 g saturated); 75 mg cholesterol; 980 mg sodium.

Source: McDonald's, "Fast Food Facts" (Chronimed)

Training table



Illustration by Dave Calver

Competitive eating for the aging athlete

By **Bob Condor**
TRIBUNE STAFF WRITER

When a major league baseball pitcher is in the prime of his career, he typically relies on his fastball to strike out batters. Once the same pitcher is over 30 years old, he starts to throw more off-speed pitches—curveballs, sliders, change-ups, knuckleballs—and hopes hitters are fooled by the slower approach of the ball.

As recreational athletes, we lose the zip on our own fastballs sooner or later. That doesn't mean we resign ourselves to losing the competitive edge.

Exercise is one way to stave off the aging process, but diet also can make a major impact.

"When we're young, many of us can eat practically anything and not gain weight," said William Evans, director of the Noll Physiological Research Center at Penn State University at University Park, Pa. and a leading expert on aging. "As we get older, we need to shift to a more nutrient-dense diet and avoid empty calories."

Metabolic rates tend to decline with age, Evans said, especially in people who are less physically active. That in turn lowers their need for calories. If they don't adjust how much they eat, they get fatter.

"The process is gradual from 20 to 65 years old," Evans said. "Men and women usually start noticing the extra pounds in their 40s. Post-menopausal women also see an increase if they don't taper their daily caloric intake."

Though exercise inhibits weight gain, Evans said even the

fittest 40- and 50-year-olds should be altering their eating patterns.

"It's no revelation we should be eating less fat, especially as we age," he said. "The amount of saturated fat is what people miss. Cutting down significantly on butter, cheese and other animal fats should be your key goal. It will help you feel better and improve your workout times."

Many processed foods contain high amounts of saturated fats. Beware hidden calories in foods that include coconut and palm oils, as well as hydrogenated and partly hydrogenated vegetable oils. Some examples: packaged potato mixes and rice dishes; frozen vegetables in sauce; refried beans made with lard; certain crackers; granola cereals; non-dairy creamers.

Jackie Sullivan, a registered dietitian at Hines Veterans Administration Hospital in Maywood, said eliminating saturated fats does not mean you have to give up taste.

"It's important to be creative in adding flavor to low-fat food or you will not be inclined to stick with it," Sullivan said. "I suggest you use more herbs and spices. Basil is excellent in many foods, and you can always try the pre-mixed Italian seasonings if you are unsure how to get started. Cinnamon and vanilla extract are great ways to sweeten up items without added fats."

Sullivan said eating more fiber can help the older athlete who wants to stay in top form. Fiber is filling and staves off overeating. She recommends that dried beans become a regular part of a diet to replace meat: meatless chili, bean burritos, garbanzos in spaghetti sauce.

Supplements also can help, Evans said. He urges post-menopausal women to consume extra calcium in the form of skim milk, leafy green vegetables and appropriate supplementation to reach the recommended 1,500 milligrams per day.

He also endorses a daily dose of antioxidant supplements (vitamins C and E, plus beta carotene). "No doubt you should eat plenty of fresh fruits and vegetables," he said. "However, it's difficult to get enough vitamin E from diet alone."

Trim tradeoffs

Older athletes can stay in shape by watching the amount of saturated fat in the diet. Here are some substitutions to help you keep on your game:

- Plain bagel for croissant (saves 10 fat grams, 35 calories)
- Egg white for whole egg (saves 6 fat grams, 65 calories)
- 2 ounces Canadian bacon for regular bacon (saves 24 fat grams, 222 calories)
- 4 ounces water-pack tuna for oil-pack tuna (saves 7 fat grams, 76 calories)
- 2 ounces thin pretzels for potato chips (saves 18 fat grams, 80 calories)
- 2-ounce slice angel food cake for glazed doughnut (saves 13 fat grams, 110 calories)

Source: University of California-Berkeley Wellness Encyclopedia

"I AM-JUST AS YOU ARE-A UNIQUE, NEVER-TO-BE-REPEATED EVENT IN THIS UNIVERSE. THEREFORE, I HAVE-JUST AS YOU HAVE-A UNIQUE, NEVER-TO-BE-REPEATED ROLE IN THIS WORLD. MINE IS A PERSONAL DRAMA FOR WHICH I AM AT ONCE AUTHOR, ACTOR, AND DIRECTOR."

- Dr. George Sheehan